ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

1. the MODEL NUMBER OF THE PRODUCT (WEEVSY87111).

2. the NAME OF THE PRODUCT (WEIDER® 8510 Home Gym System).

3. the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).

4. the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22 of this manual).

Part No. 185271 R0902A

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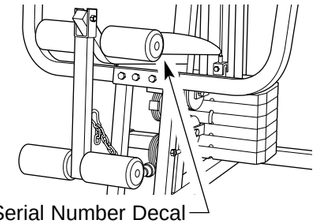
WEIDER 8510®

Model No. WEEVSY87111
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

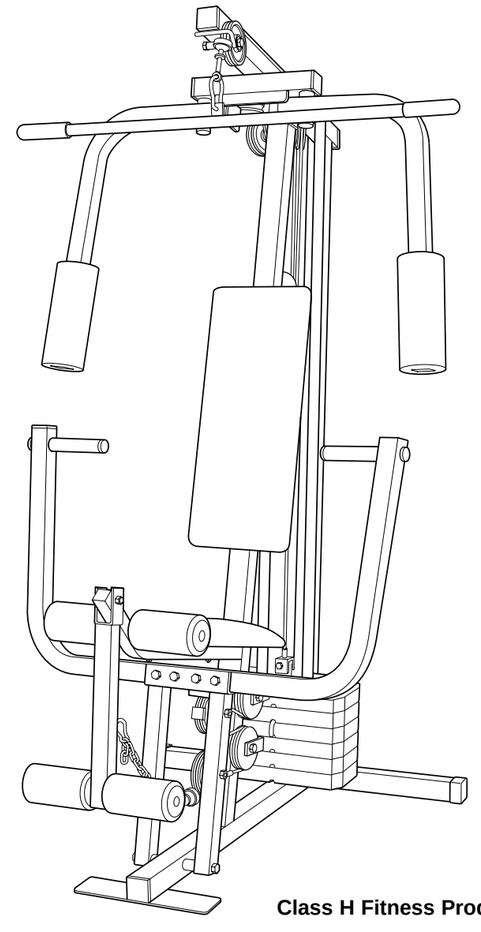
Or write:
ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Class H Fitness Product

Visit our website at
www.iconeurope.com

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ORDERING REPLACEMENT PARTS . . . . . Back Cover

Note: A PART IDENTIFICATION CHART is attached to the centre of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

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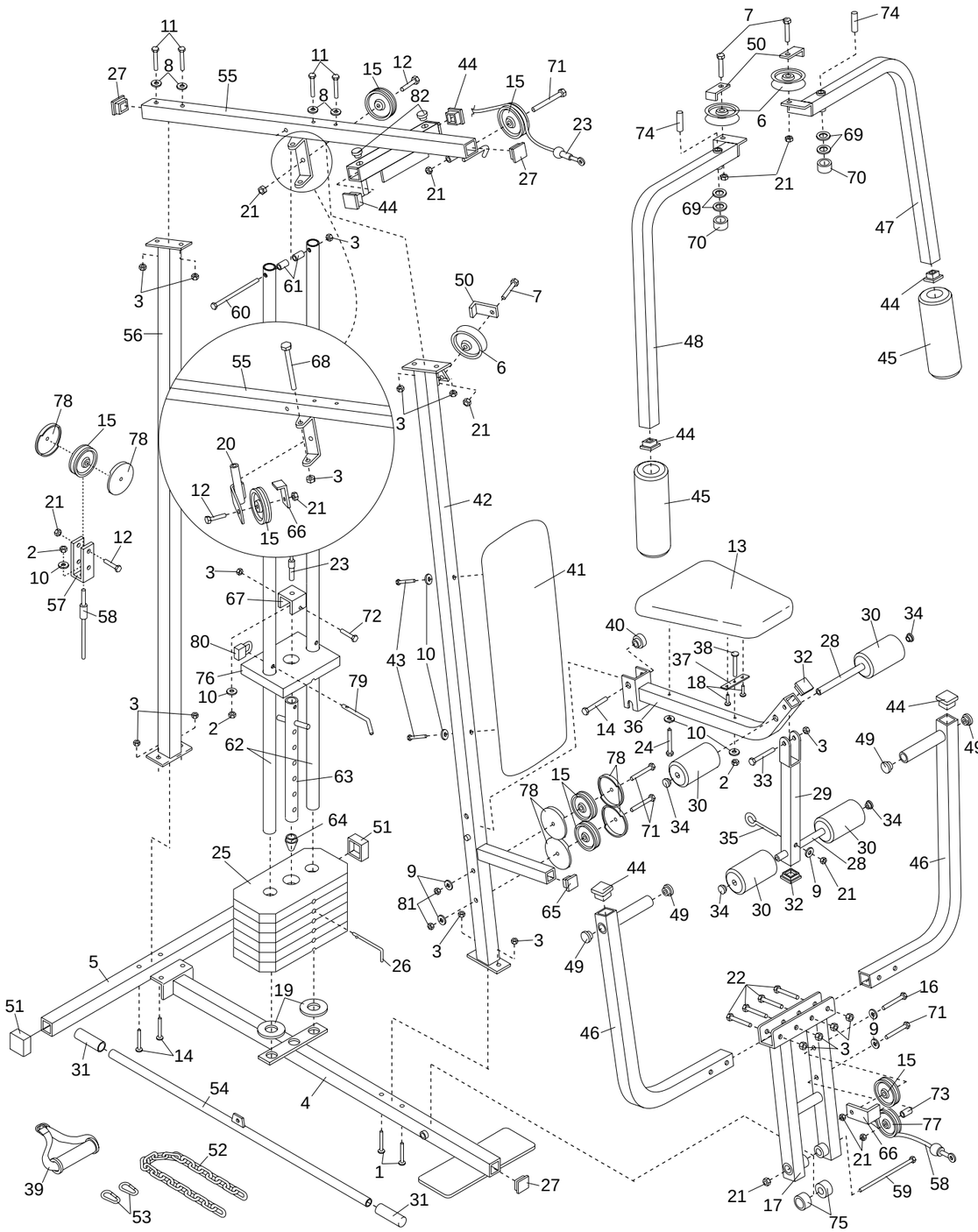
EXPLODED DRAWING—Model No. WEEVSY87111

R0902A



PART LIST—Model No. WEEVSY87111

R0902A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16” x 2 1/2” Carriage Bolt	43	2	1/4” x 2 1/2” Screw
2	3	1/4” Nylon Locknut	44	6	1 3/4” Square Inner Cap
3	16	5/16” Nylon Locknut	45	2	10” Pad
4	1	Base	46	2	Press Arm
5	1	Stabiliser	47	1	Left Arm
6	3	“V”-Pulley	48	1	Right Arm
7	3	3/8” x 2 1/2” Bolt	49	4	1” Round Inner Cap
8	4	5/16” Washer	50	3	Long Cable Trap
9	5	3/8” Washer	51	2	2” Square Outer Cap
10	6	1/4” Washer	52	1	Chain
11	4	5/16” x 2 3/4” Bolt	53	2	Cable Clip
12	3	3/8” x 2” Bolt	54	1	Lat Bar
13	1	Seat	55	1	Top Frame
14	3	5/16” x 2 3/4” Carriage Bolt	56	1	Rear Upright
15	7	3 1/2” Pulley	57	1	Long “U”-Bracket
16	1	3/8” x 3 1/2” Bolt	58	1	Short Cable
17	1	Press Frame	59	1	3/8” x 8” Bolt
18	2	1/4” x 3/4” Screw	60	1	5/16” x 6” Bolt
19	2	Weight Bumper	61	2	1/2” x 3/4” Spacer
20	1	Pulley Bracket	62	2	Weight Guide
21	11	3/8” Nylon Locknut	63	1	Weight Tube
22	4	5/16” x 2 1/2” Bolt	64	1	Weight Tube Bumper
23	1	Long Cable	65	1	1” Square Inner Cap
24	1	1/4” x 2” Screw	66	2	Cable Trap
25	6	Weight	67	1	Small “U”-Bracket
26	1	Weight Pin	68	1	5/16” x 5” Bolt
27	3	2” Square Inner Cap	69	4	1” Retainer
28	2	12 1/2” Pad Tube	70	2	1” Round Cover Cap
29	1	Leg Lever	71	4	3/8” x 3 3/4” Bolt
30	4	5 1/2” Pad	72	1	5/16” x 1 3/4” Bolt
31	2	Hand Grip	73	1	5/8” x 9/16” Spacer
32	2	1 1/2” Square Inner Cap	74	2	1 1/8” x 2 1/2” Plastic Bushing
33	1	5/16” x 2 1/4” Bolt	75	2	1” x 7/8” Plastic Bushing
34	4	3/4” Round Inner Cap	76	1	Top Weight
35	1	3/8” x 2” Eyebolt	77	1	3 1/2” Low Pulley
36	1	Seat Frame	78	6	Pulley Cover
37	1	Seat Plate	79	1	Lock Pin
38	1	1/4” x 2” Carriage Bolt	80	1	Lock
39	1	Nylon Strap	81	2	3/8” Nylon Jam Nut
40	1	Seat Knob	82	2	Round Inner Cap
41	1	Backrest	#	1	User’s Manual
42	1	Front Upright			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. **It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.**
2. **Read all instructions in this manual and in the accompanying literature before using the home gym system.**
3. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
4. **Use the home gym system only on a level surface. Cover the floor or carpet beneath the home gym system for protection.**
5. **Inspect and tighten all parts often. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the home gym system at all times.**
7. **Always wear athletic shoes for foot protection.**
8. **Keep hands and feet away from moving parts.**
9. **Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.**
10. **Never release the press arm, butterfly arms, leg lever, lat bar, or nylon strap whilst weights are raised. The weights will fall with great force.**
11. **Inspect all cables before each use. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys. Replace all cables every two years.**
12. **Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.**
13. **Always attach the lock pin and lock to the weight guide when the home gym system is not in use (see page 18).**
14. **The home gym system is intended for home use only. Do not use the home gym system in any commercial, rental, or institutional setting.**

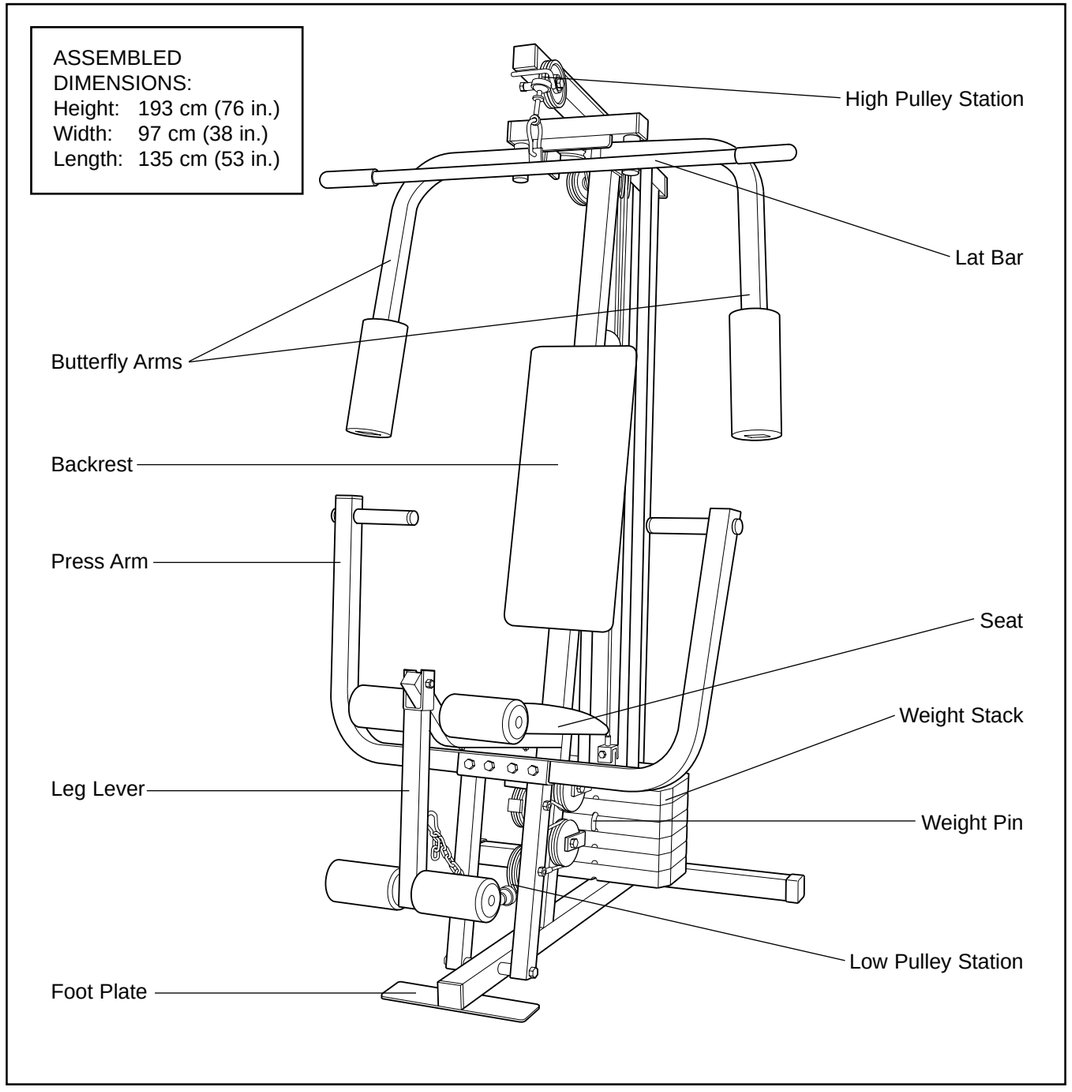
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8510 Home Gym System. The WEIDER® 8510 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 8510 will help you to achieve the specific results you want.

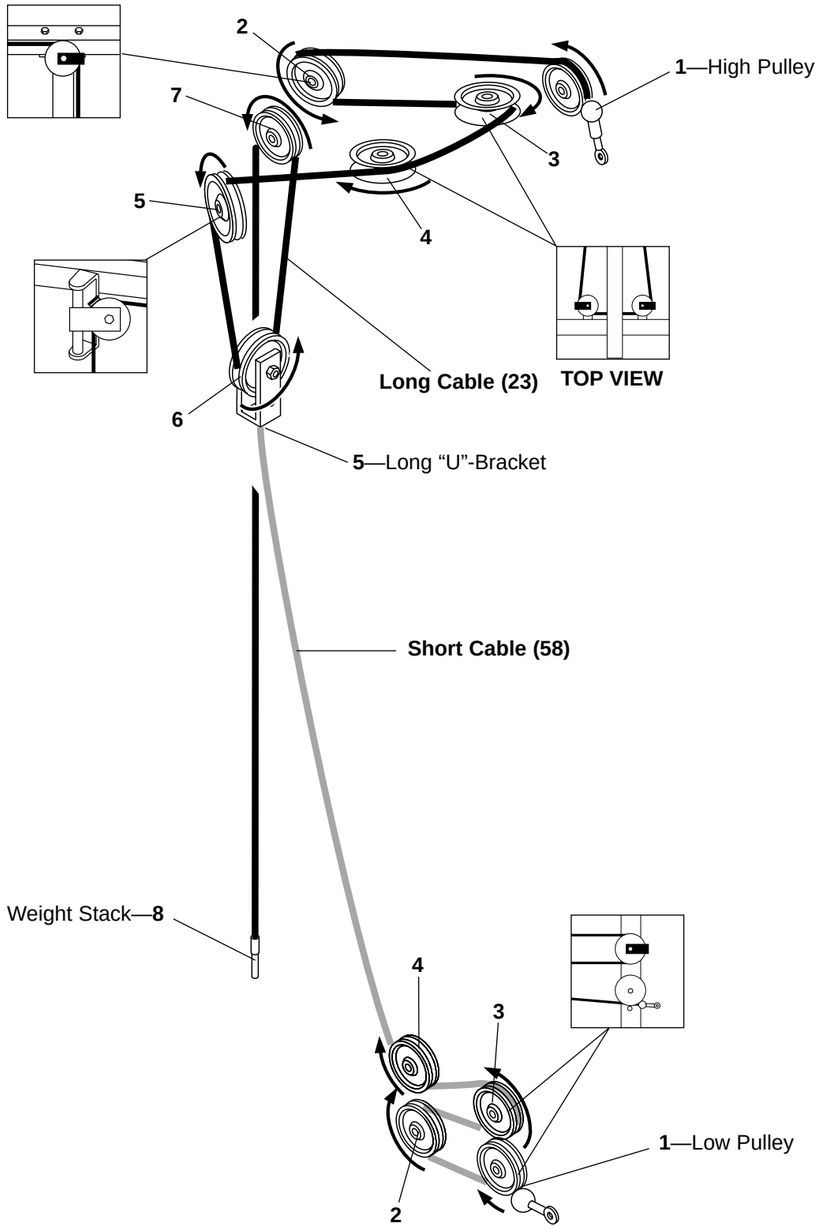
For your benefit, read this manual carefully before using the WEIDER® 8510 Home Gym System. If you have additional questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY87111. The serial number can be found on a decal attached to the WEIDER® 8510 (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (58) and the Long Cable (23). Use the diagram to be sure that the two cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labelled. **Be sure that the cable traps do not touch or bind the cables.**



TROUBLESHOOTING AND MAINTENANCE

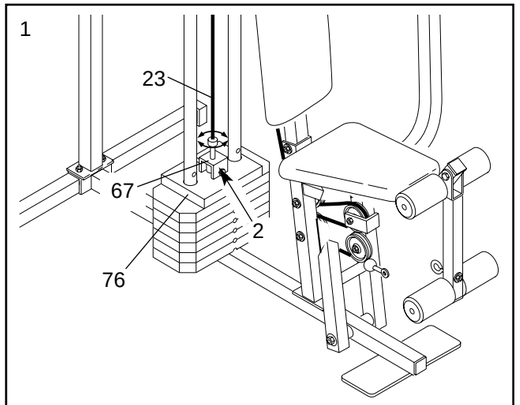
Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables by tightening the 1/4" Nylon Locknuts (2) at the end of the Long Cable (23) (see drawing 1) and at the end of the Short Cable (58) (see drawing 2). To do this you may need to remove the Small "U"-Bracket (67) from the Weight Tube (not shown) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Make sure that the cables are not too tight, or the Top Weight (76) will be lifted off the weight stack.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Pulley, Pulley Covers (78), and "U"-Bracket. Re-attach the Pulley and the Pulley Covers. Be sure that the Cable and Pulley move smoothly.

1



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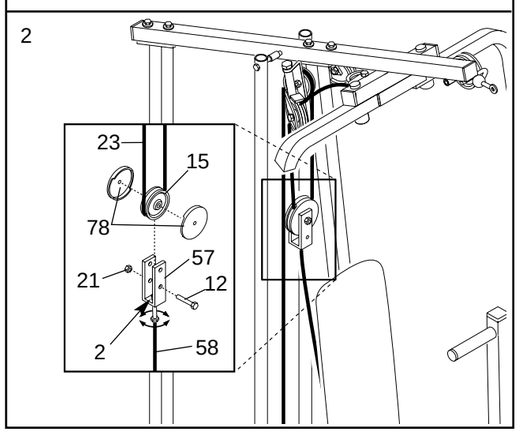


Note: Inspect all cables before each use. If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual. **Replace all cables every two years.**

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the home gym system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the centre of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the home gym system, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **two (2) adjustable spanners**
- **one (1) standard screwdriver**
- **one (1) phillips screwdriver**
- **one (1) rubber mallet**
- **lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

FRAME ASSEMBLY

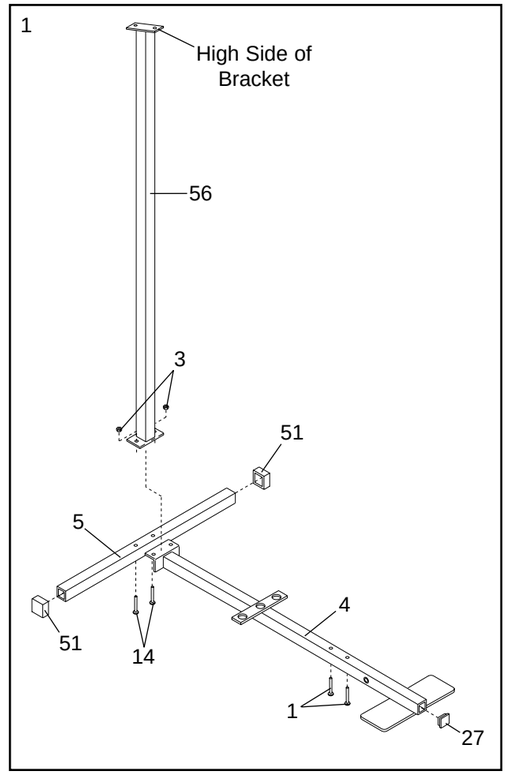
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

   Press a 2" Square Outer Cap (51) onto each end of the Stabiliser (5). Press a 2" Square Inner Cap (27) into the end of the Base (4).

   Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabiliser (5). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

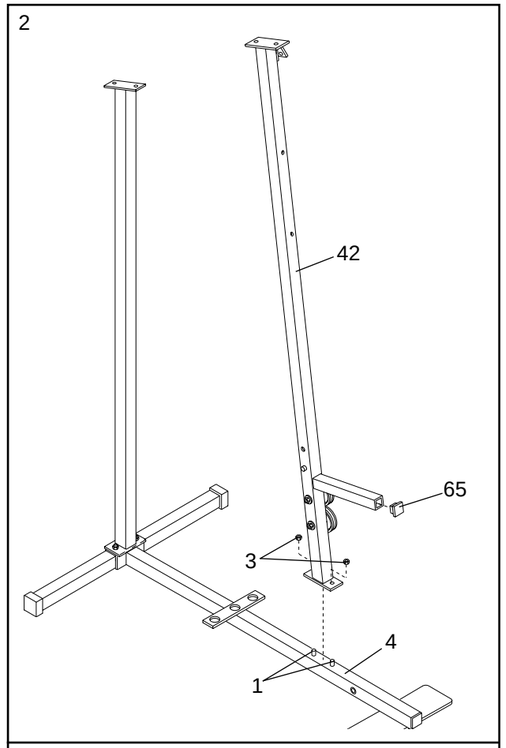
   Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabiliser (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **The high side of the bracket on the Rear Upright must be on the side shown. Do not tighten the Nylon Locknuts yet.**

1



2. Slide the Front Upright (42) onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Base (4). Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

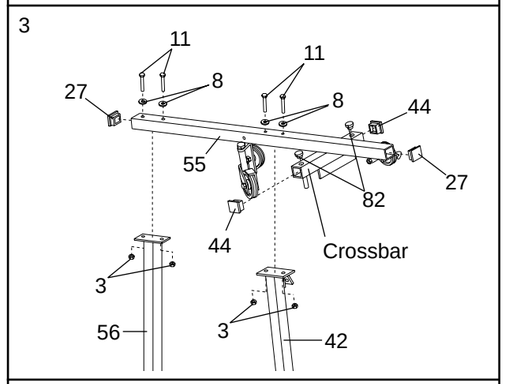
   Press a 1” Square Inner Cap (65) into the Front Upright (42).



3. Press a 2” Square Inner Cap (27) into each end of the Top Frame (55). Press a 1 3/4” Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two Round Inner Caps (82) into the top of the crossbar.

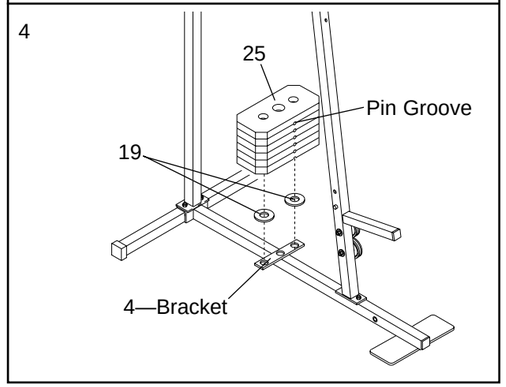
   Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16” x 2 3/4” Bolts (11), four 5/16” Washers (8), and four 5/16” Nylon Locknuts (3).

   Tighten all Nylon Locknuts used in steps 1 through 3.



4. Set two Weight Bumpers (19) onto the bracket on the Base (4) as shown.

   Stack six Weights (25) on the Weight Bumpers (19). Be sure that all of the Weights are turned so the pin grooves are on the same side. **Be careful not to tip the stack of Weights.**



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. “Top” refers to the 6.5 lbs. top weight. The other numbers refer to the 12.5 lbs. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	20	10	15	14	24
1	45	22	36	28	54
2	70	33	54	44	82
3	99	42	75	60	115
4	128	48	96	72	147
5	153	60	115	90	175
6	184	69	137	103	209

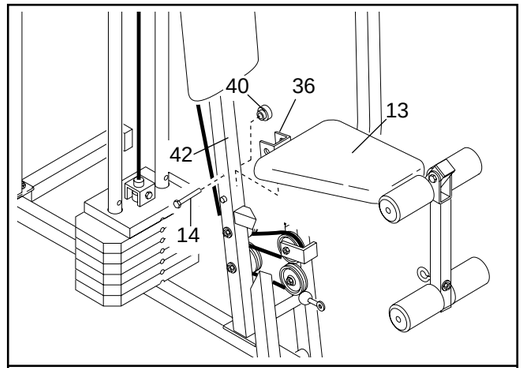
Note: 1 kg = 2.2 lbs.

The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16” x 2 3/4” Carriage Bolt (14) and the Seat Knob (40).

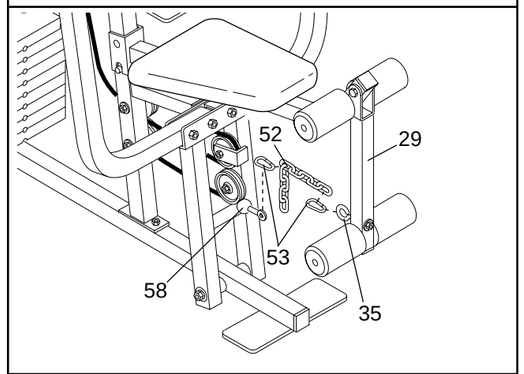
For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16” x 2 3/4” Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

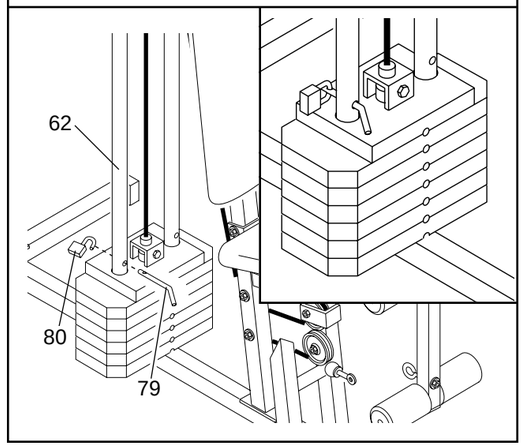
To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (52) to the Short Cable (58) with a Cable Clip (53). Attach the other end of the Chain to the 3/8” x 2” Eyebolt (35) with a Cable Clip.



LOCKING THE WEIGHT STACK

When the home gym system is not in use, the Lock Pin (79) and Lock (80) should be attached. Insert the Lock Pin through a Weight Guide (62). Attach the Lock to the Lock Pin.



FRAME ASSEMBLY

5. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). Be sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.

   Lubricate the insides of the holes in the Top Weight (76). Set the Top Weight onto the stack of Weights (25).

   Insert both Weight Guides (62) into the stack of Weights (25). **Be sure that the holes in the Weight Guides are at the top, as shown.**

6. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16” x 6” Bolt (60), two 1/2” x 3/4” Spacers (61), and a 5/16” Nylon Locknut (3).

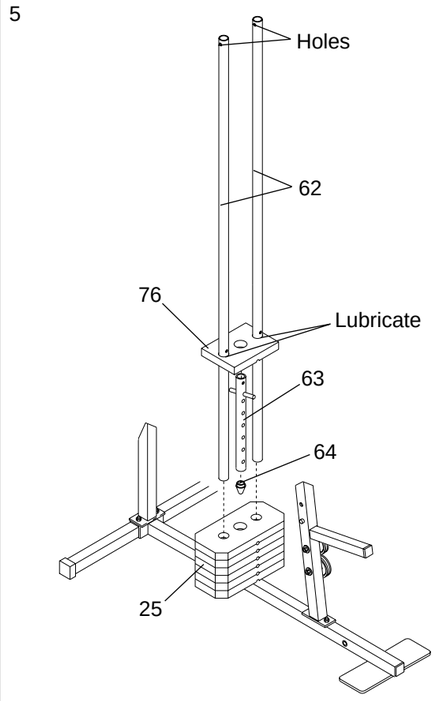
   Be sure that the Pulley Bracket (20) is in front of the right Weight Guide (62) as shown.

ARM ASSEMBLY

7. Press a 1” x 7/8” Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Be sure that the pulleys are on the indicated side.**

   Lubricate the 3/8” x 8” Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8” x 8” Bolt and a 3/8” Nylon Locknut (21).

5



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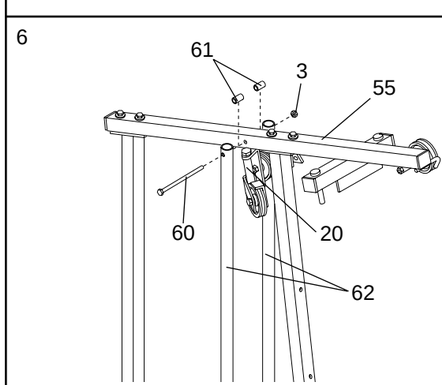

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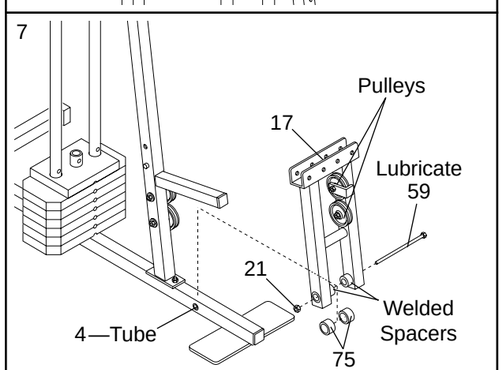


8. Press a 1 3/4” Square Inner Cap (44) into the top of a Press Arm (46). Press a 1” Round Inner Cap (49) into each end of the handle on the Press Arm. Attach the Press Arm to one side of the Press Frame (17) with two 5/16” x 2 1/2” Bolts (22) and two 5/16” Nylon Locknuts (3).

   Assemble the other Press Arm (46) in the same manner.

9. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 10.**

   Note: The “V”-Pulleys (6), Long Cable Traps (50), 3/8” x 2 1/2” Bolts (7), and 3/8” Nylon Locknuts (21) are pre-attached. These have been shown disassembled for easy part identification.

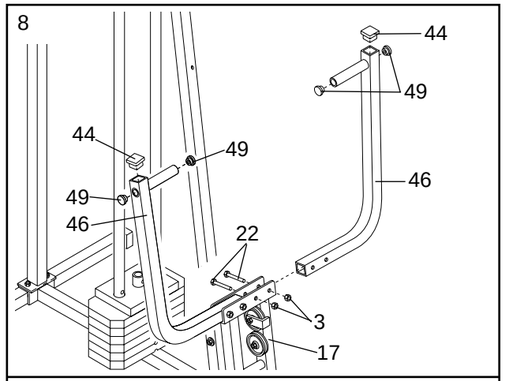
10. Lubricate both axles on the Top Frame (55).

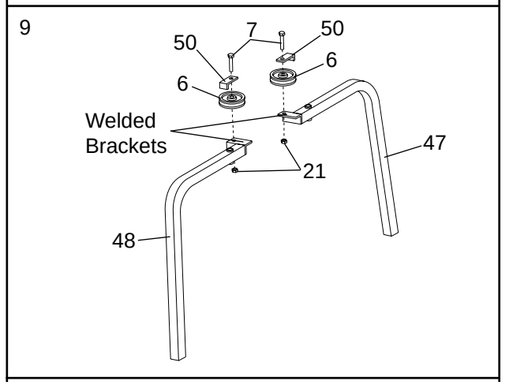
    Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

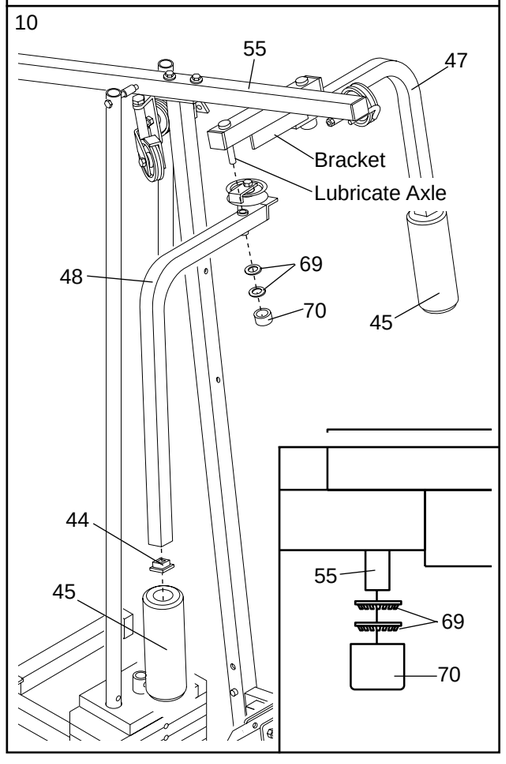
    Tap two 1” Retainers (69) and a 1” Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

    Attach the Left Arm (47) in the same manner.

    Press 1 3/4” Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10” Pad (45) onto the lower end of each Arm.







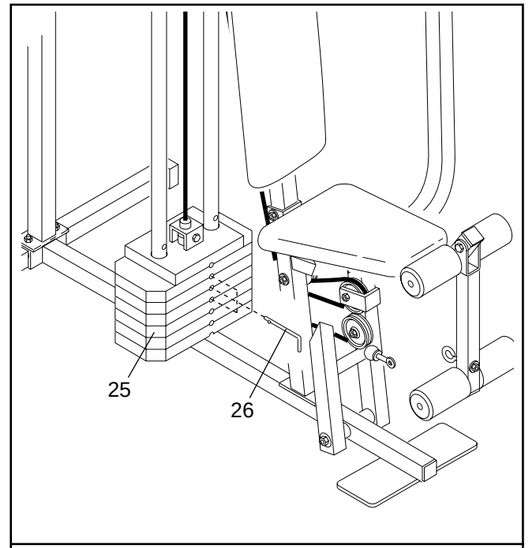
ADJUSTMENT

The instructions below describe how each part of the home gym system can be adjusted. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 lbs. to 81.5 lbs., in increments of 12.5 lbs. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the actual amount of resistance at each weight station.**

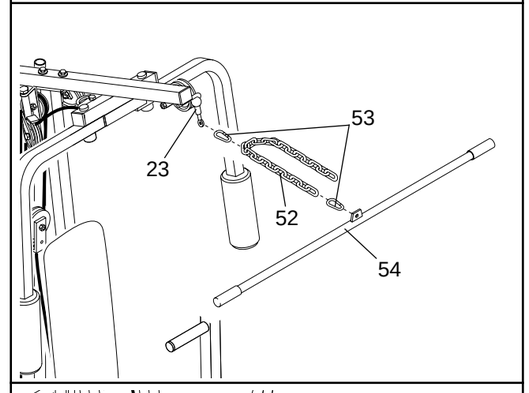
Note: 1 kg = 2.2 lbs



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

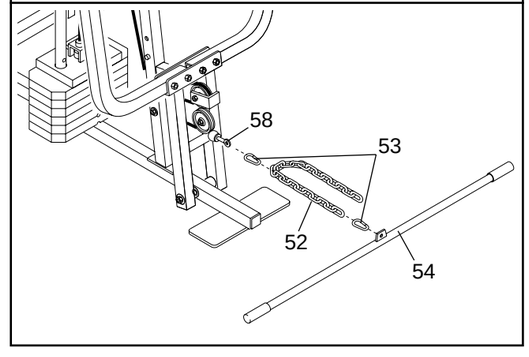
The Nylon Strap (39) (not shown) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) (not shown) can be attached in the same manner.



31. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 20.**

CABLE ASSEMBLY

11. During steps 11 through 25, refer to the CABLE DIAGRAM on page 21 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23) and the Short Cable (58) by comparing the lengths and ends of the cables.

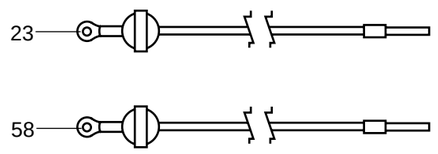
IMPORTANT: Whilst assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.

12. **Locate the Long Cable (23).** Route the Long Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.** Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (not shown).

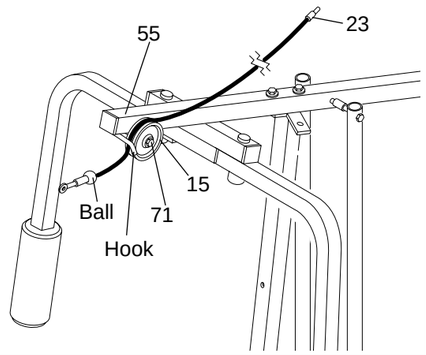
13. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

14. Route the Long Cable (23) around the "V"-Pulley (6) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

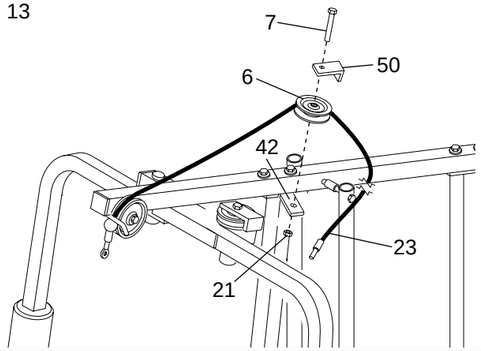
11



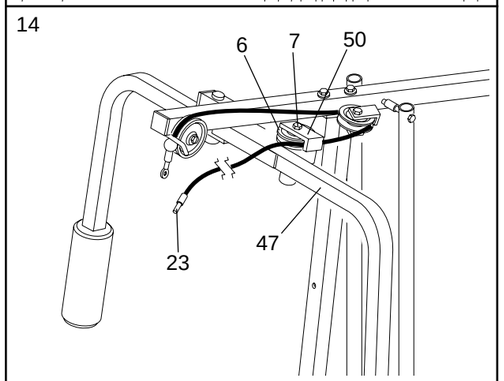
12



13



14



CABLE ASSEMBLY

15. Route the Long Cable (23) around the “V”-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8” x 2 1/2” Bolt (7) and the 3/8” Nylon Locknut (not shown).

16. Route the Long Cable (23) around the 3 1/2” Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (not shown).

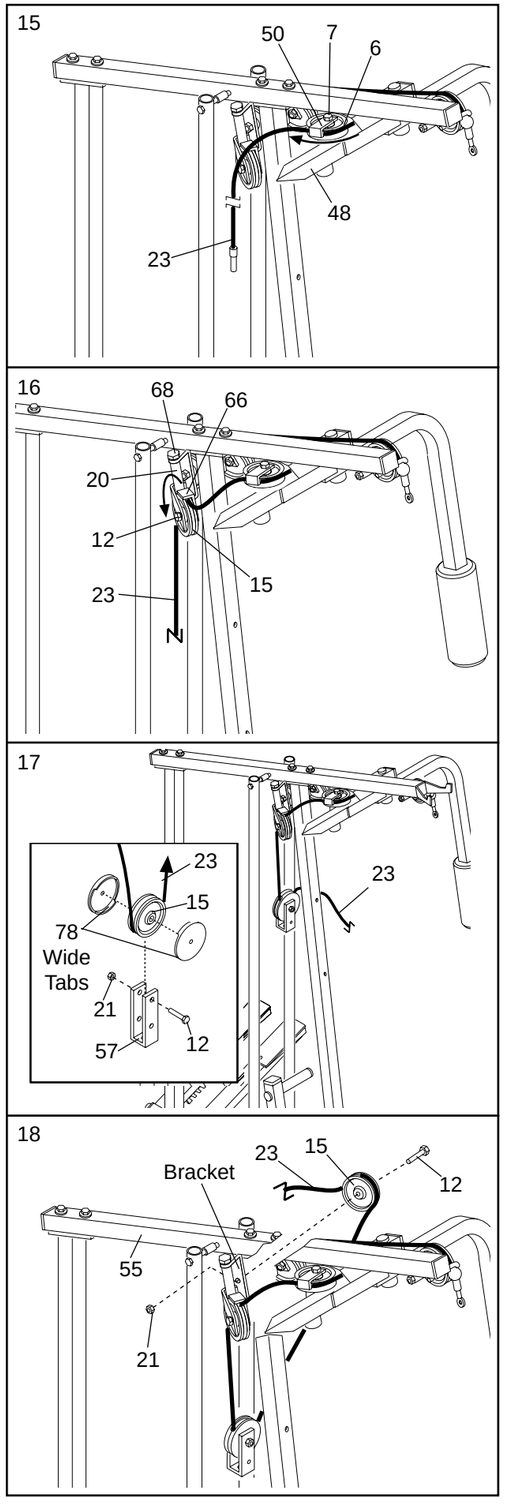
    Be sure that the 5/16” x 5” Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

17. Refer to the inset drawing. If the 3 1/2” Pulley (15) is pre-attached to the Long “U” Bracket (57), remove it. Wrap the Long Cable (23) around the 3 1/2” Pulley. Attach the Pulley and two Pulley Covers (78) to the indicated hole in the Long “U”-Bracket with a 3/8” x 2” Bolt (12) and a 3/8” Nylon Locknut (21). **Make sure that the Pulley Covers are turned so the wide tabs are on the indicated side.**

    Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.

18. **Note: The 3 1/2” Pulley (15) in this drawing is pre-assembled. It is shown disassembled for easy part identification.**

    Route the Long Cable (23) around the 3 1/2” Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



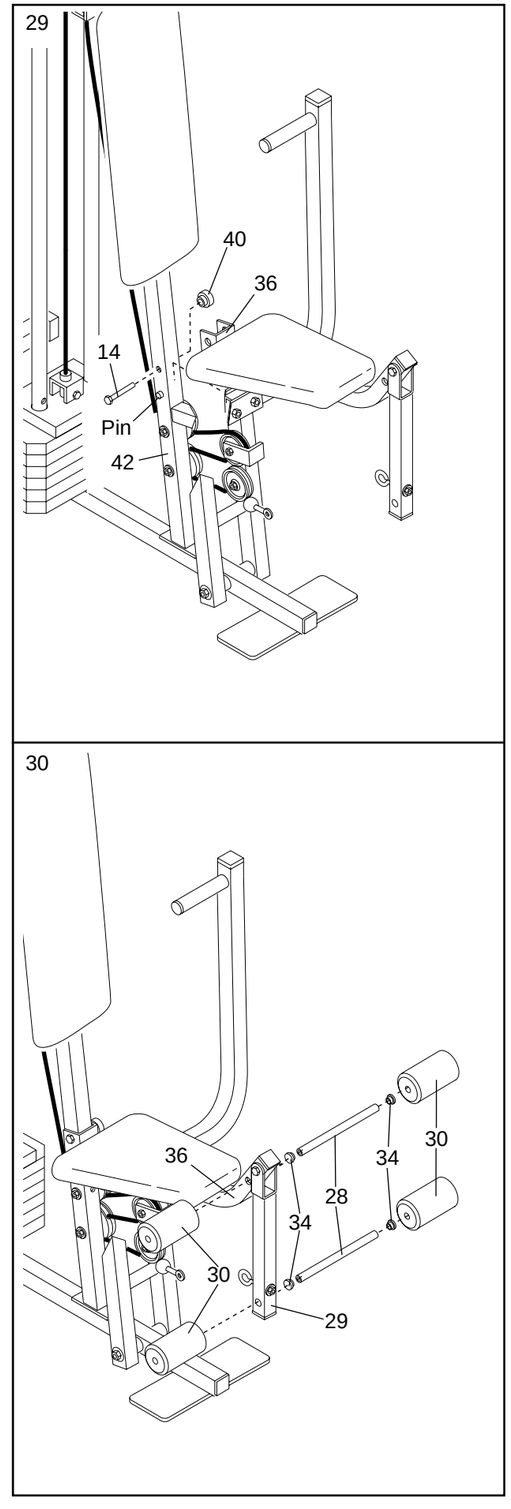
SEAT ASSEMBLY

29. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16” x 2 3/4” Carriage Bolt (14) and the Seat Knob (40).

30. Press 3/4” Round Inner Caps (34) into the ends of both 12 1/2” Pad Tubes (28).

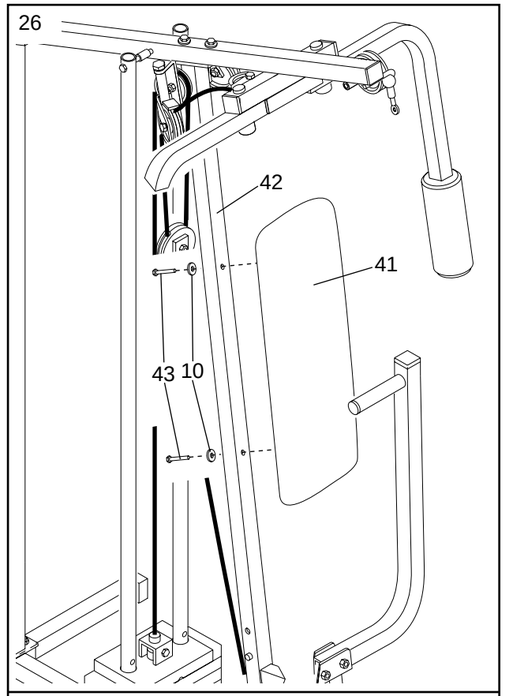
    Insert one 12 1/2” Pad Tube (28) into the Seat Frame (36). Slide a 5 1/2” Pad (30) onto each end of the Pad Tube.

    Insert the other 12 1/2” Pad Tube (28) into the Leg Lever (29). Slide a 5 1/2” Pad (30) onto each end of the Pad Tube.



SEAT ASSEMBLY

26. Attach the Backrest (41) to the Front Upright (42) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Washers (10).

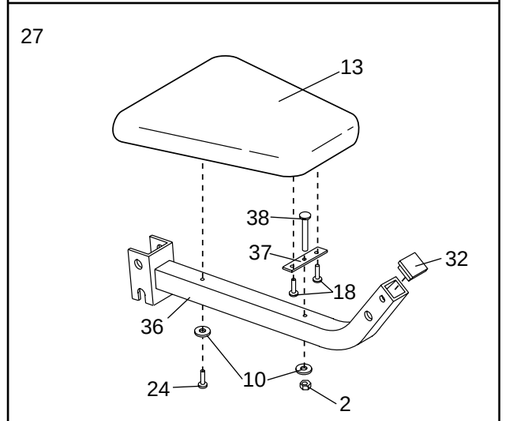


27. Press a 1 1/2” Square Inner Cap (32) into the Seat Frame (36).

    Insert the 1/4” x 2” Carriage Bolt (38) into the centre hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4” x 3/4” Screws (18).

    Insert the 1/4” x 2” Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4” Nylon Locknut (2) with a 1/4” Washer (10) onto the Carriage Bolt.

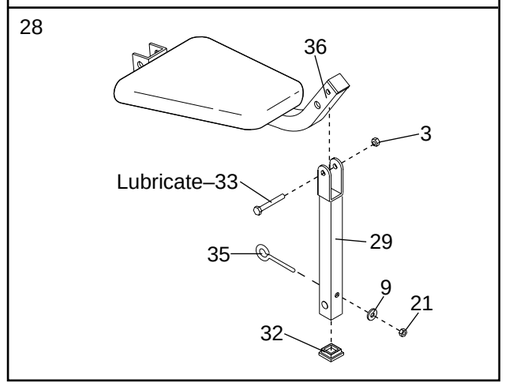
    Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4” Washer (10) and the 1/4” x 2” Screw (24).



28. Press a 1 1/2” Square Inner Cap (32) into the Leg Lever (29).

    Lubricate the 5/16” x 2 1/4” Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the 5/16” x 2 1/4” Bolt and a 5/16” Nylon Locknut (3). **Do not overtighten the Nylon Locknut. The Leg Lever must be able to pivot freely.**

    Insert the 3/8” x 2” Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 3/8” Nylon Locknut (21) with a 3/8” Washer (9) onto the Eyebolt.

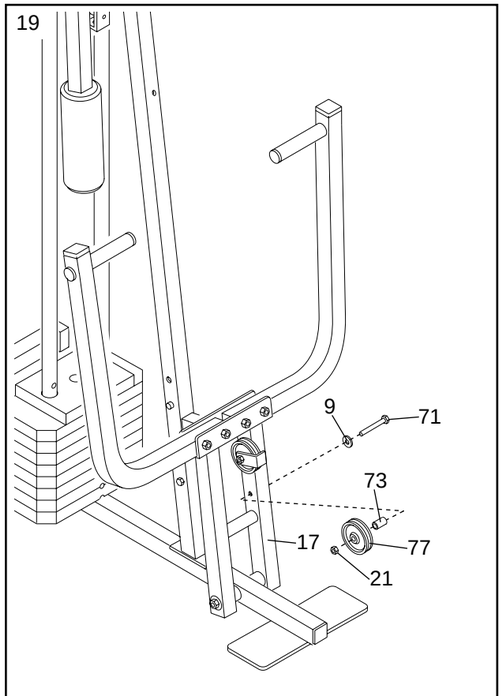


CABLE ASSEMBLY

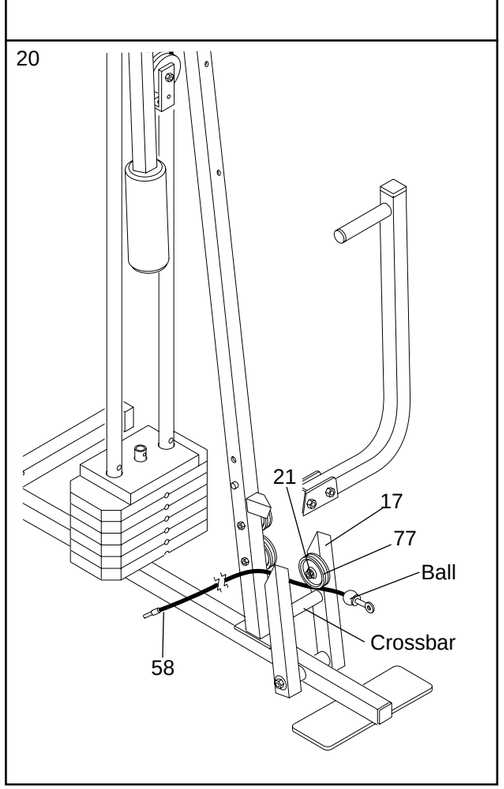
19. **Note: This assembly step shows how to complete the assembly of several pre-attached parts.**

    The 5/8” x 9/16” Spacer (73) has been pre-attached on the outside of the 3 1/2” Low Pulley (77) for shipping purposes. Remove the 3/8” Nylon Locknut (21), the Spacer, and the Pulley from the 3/8” x 3 3/4” Bolt (71). **Do not remove the Bolt. The Bolt has been shown removed for part identification.**

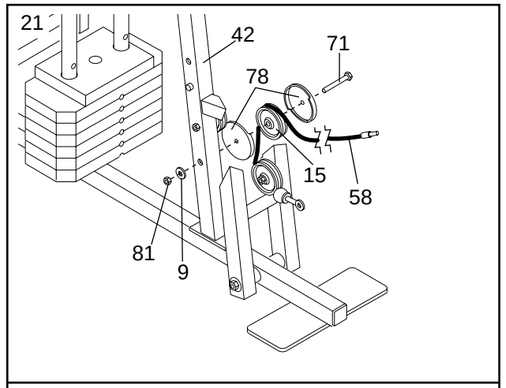
    Reattach the 3 1/2” Low Pulley (77), with the 5/8” x 9/16” Spacer (73) between the Pulley and the Press Frame (17). **Do not tighten the 3/8” Nylon Locknut (21) yet. Be sure that the 3/8” x 3 3/4” Bolt (71), the 3/8” Washer (9), the 5/8” x 9/16” Spacer, the 3 1/2” Low Pulley, and the 3/8” Nylon Locknut are oriented as shown.**



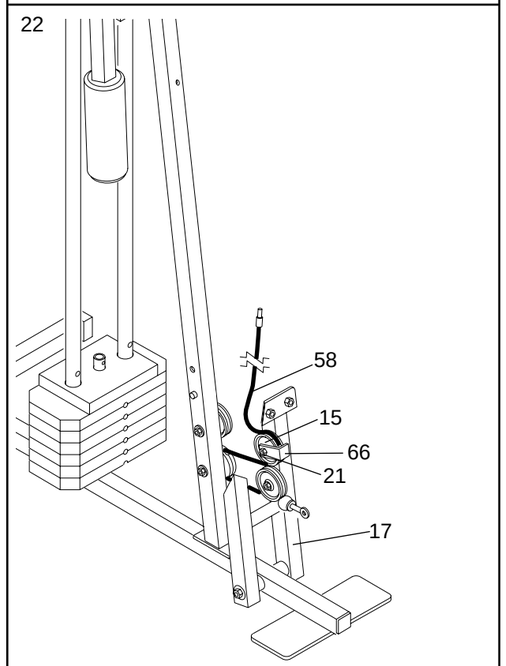
20. **Locate the Short Cable (58).** Route the Short Cable under the 3 1/2” Low Pulley (77). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (not shown).



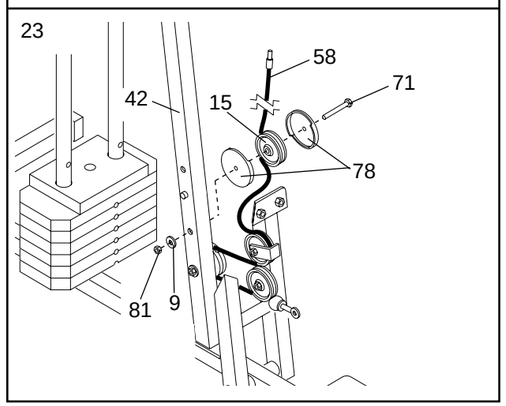
21. If the indicated 3 1/2” Pulley (15) is pre-attached to the Front Upright (42), remove it. Route the Short Cable (58) around the Pulley. Attach the Pulley and two Pulley Covers (78) to the lower hole in the Front Upright with the 3/8” Nylon Jam Nut (81), the 3/8” Washer (9) and the 3/8” x 3 3/4” Bolt (71).



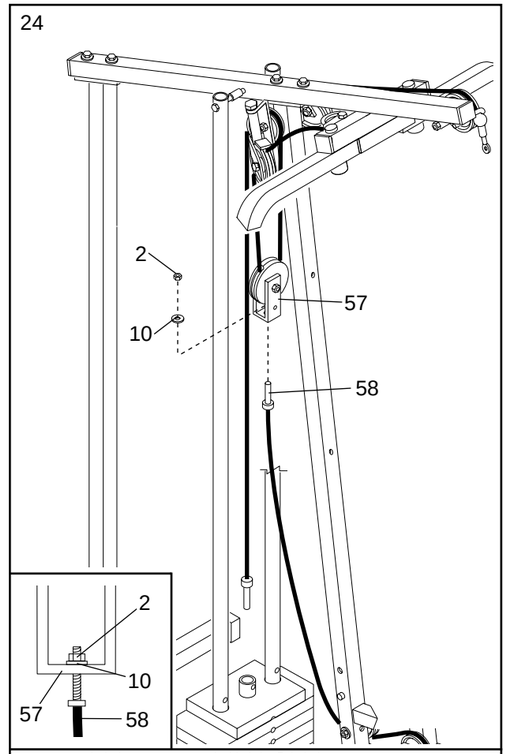
22. Route the Short Cable (58) around the 3 1/2” Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 1/2” Bolt (not shown).



23. If the indicated 3 1/2” Pulley (15) is pre-attached to the Front Upright (42), remove it. Route the Short Cable (58) around the Pulley. Attach the Pulley and two Pulley Covers (78) to the upper hole in the Front Upright with the 3/8” Nylon Jam Nut (81), the 3/8” Washer (9) and the 3/8” x 3 3/4” Bolt (71).

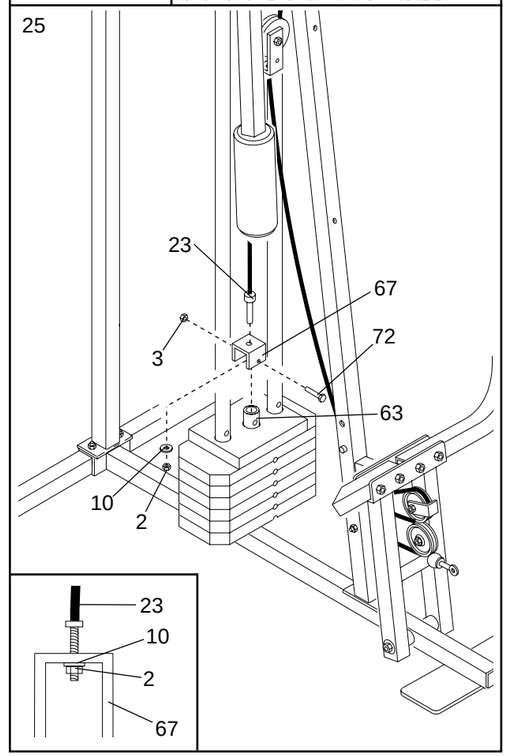


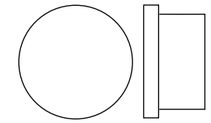
24. Attach the end of the Short Cable (58) to the Long “U”-Bracket (57) with a 1/4” Nylon Locknut (2) and a 1/4” Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the nut, as shown in the inset drawing.**



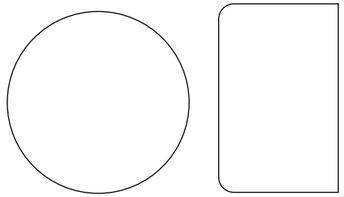
25. Attach the Long Cable (23) to the Small “U”-Bracket (67) with a 1/4” Nylon Locknut (2) and a 1/4” Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

    Attach the Small “U”-Bracket (67) to the Weight Tube (63) with the 5/16” x 1 3/4” Bolt (72) and a 5/16” Nylon Locknut (3).





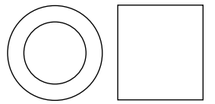
3/4” Round Inner Cap (34)



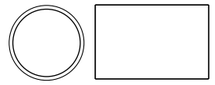
1” Round Cover Cap (70)

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

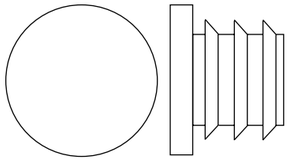
This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes; if you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



5/8” x 9/16” Spacer (73)

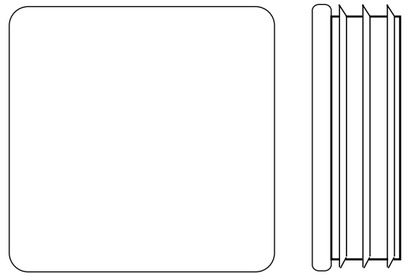


1/2” x 3/4” Spacer (61)

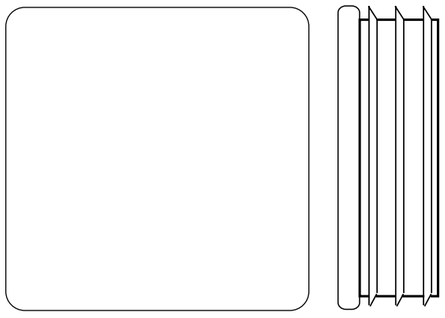


1” Round Inner Cap (49)

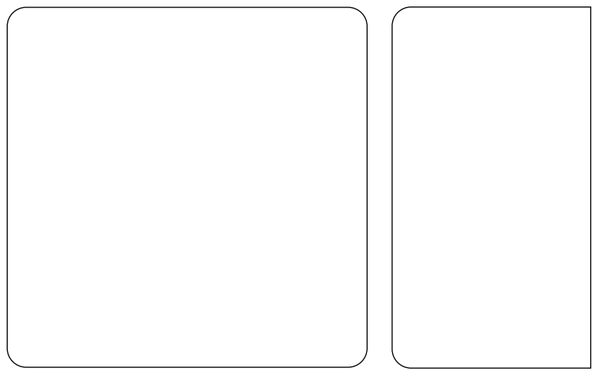
1 1/2” Square Inner Cap (32)



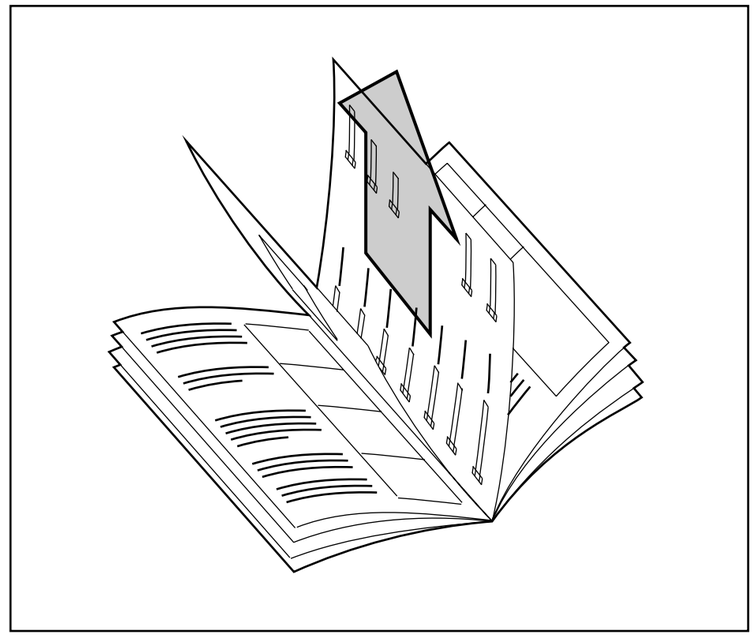
1 3/4” Square Inner Cap (44)



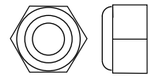
2” Square Inner Cap (27)



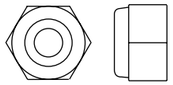
2” Square Outer Cap (51)



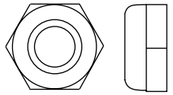
Please Note: The assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately. Wait until you begin each assembly stage to open that parts bag.



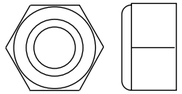
1/4” Nylon Locknut (2)



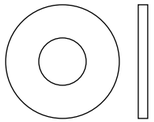
5/16” Nylon Locknut (3)



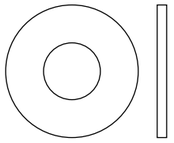
3/8" Nylon Jam Nut (81)



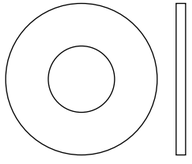
3/8” Nylon Locknut (21)



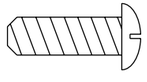
1/4” Washer (10)



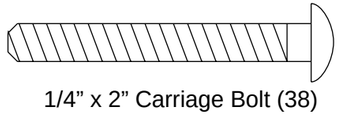
5/16” Washer (8)



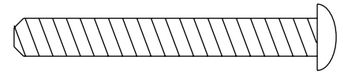
3/8” Washer (9)



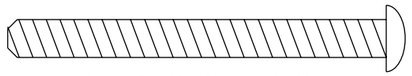
1/4” x 3/4” Screw (18)



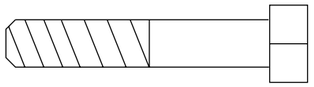
1/4” x 2” Carriage Bolt (38)



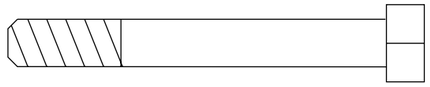
1/4” x 2” Screw (24)



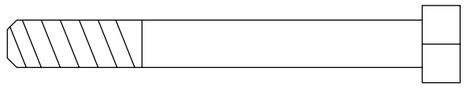
1/4” x 2 1/2” Screw (43)



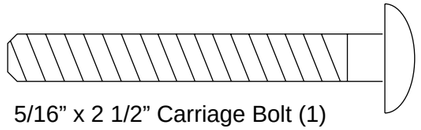
5/16” x 1 3/4” Bolt (72)



5/16” x 2 1/2” Bolt (22)

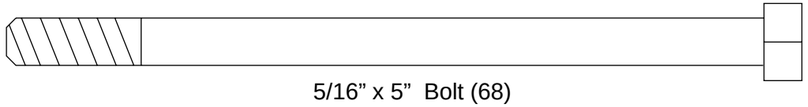


5/16” x 2 3/4” Bolt (11)

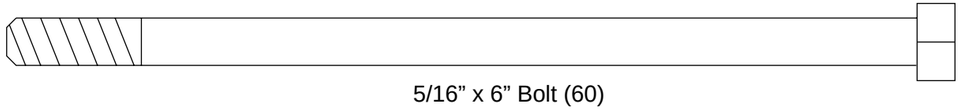


5/16” x 2 1/2” Carriage Bolt (1)

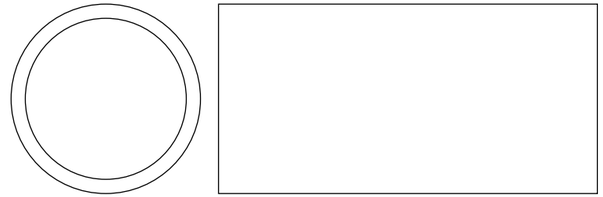
5/16” x 2 3/4” Carriage Bolt (14)



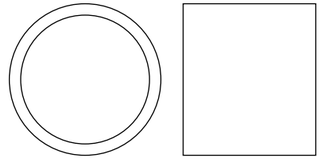
5/16” x 5” Bolt (68)



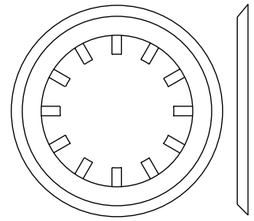
5/16” x 6” Bolt (60)



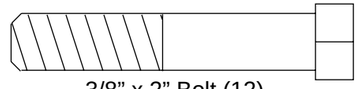
1 1/8” x 2 1/2” Plastic Bushing (74)



1” x 7/8” Plastic Bushing (75)

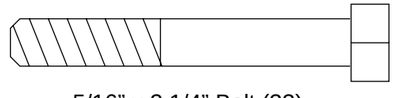


1” Retainer (69)

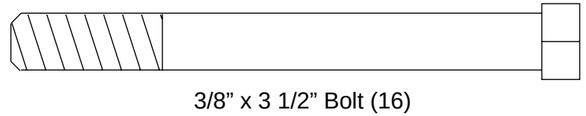


3/8” x 2” Bolt (12)

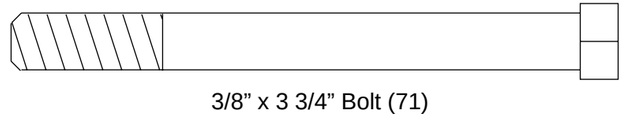
3/8” x 2 1/2” Bolt (7)



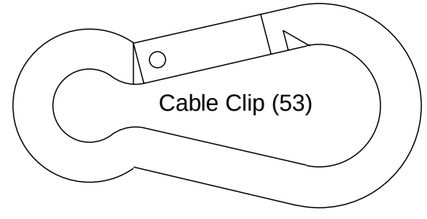
5/16” x 2 1/4” Bolt (33)



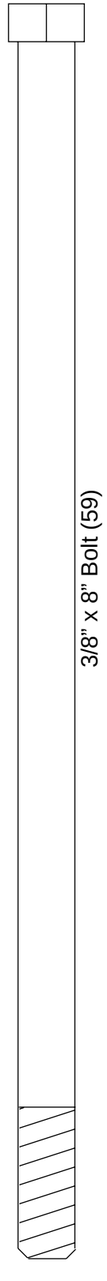
3/8” x 3 1/2” Bolt (16)



3/8” x 3 3/4” Bolt (71)



Cable Clip (53)



3/8” x 8” Bolt (59)